



Sweeten your salad

Toss some strawberries, cinnamon almonds with spinach PAGE 17

YOUR GUIDE TO COMIC-CON

HOLLYWOOD'S TAKING OVER SAN DIEGO WITH ZOMBIES, A HOBBIT AND MUCH MORE PAGE 13



Vanouver metro logo with a globe icon, date Tuesday, July 10, 2012, and social media links.

Celebrity chef dies at 29

Anthony Sedlak. B.C. native had undiagnosed medical condition: Family

Anthony Sedlak was 14 years old, busing tables at a café at a mountaintop resort near Vancouver, when he was named employee of the month. His prize was dinner at the resort's fine-dining restaurant — a meal that inspired a love of food that would catapult Sedlak into a career as a renowned chef, TV host and author before his sudden death at the age of 29.

best known as the young, energetic host of the Food Network television show The Main, a gig he landed after winning the network's Superstar Chef Challenge. He eventually became the best-selling author of a cookbook named after his TV show. Sedlak was born in Prince George and grew up in North Vancouver, where he landed a job at Grouse Mountain at the age of 13. He would later recall that he only took the job because he wanted a season's pass to snowboard on the mountain.

him," said McLaughlin. "It was pretty clear, early on, that this kid had talent." Sedlak quickly became a rising star not just on Grouse Mountain, but in the Canadian culinary scene. He spent two years in London at the La Trompette in the city's west end before going back to the Grouse Mountain restaurant as a sous-chef, where he began collecting awards for his work. When he was 23, he represented Canada at the World Junior Chef Challenge in Auckland, New Zealand, where he won a silver medal. Soon after that, he left that kitchen in North Vancouver to impress the judges on Superstar Chef Challenge, where his win kick-started a four-year run as host of The Main. Each episode of The Main revolved around an ingredient that was easy to find at the grocery store, and featured Sedlak — full of energy as he punctuated his explanations with his hands — walking viewers through recipes that ranged from complex Middle Eastern feasts to a grilled cheese sandwich. Sedlak's cookbook, also called The Main, was released in 2008. It became a Canadian bestseller.



Chef Anthony Sedlak, host of The Main on the Food Network, poses with some simple canapes at his home in Vancouver in October 2008. Sedlak died Friday at the age of 29. DARRYL DYCK/THE CANADIAN PRESS

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Surrey. Pool tragedy leaves toddler dead, grandmother critically hurt

In what police are calling an "unimaginable tragedy," a little boy is dead and his grandmother is clinging to life after an accident at a private swimming pool in Surrey.

It's the second water-related emergency in as many days.

The RCMP say it's believed the 20-month-old child fell into the outdoor pool at an apartment complex Sunday night and his 51-year-old grandmother, who couldn't swim, tried to rescue him.

Other residents at the complex who spotted the two bodies floating in the pool pulled the victims out of the water and started CPR.

The child could not be revived by paramedics. The woman was taken to hospital in critical condition and placed on life support. Their names have not been released.

The grandmother was babysitting the boy for his parents, who had dropped him off earlier in the day.

"With the summer season now upon us, this unimaginable tragedy is a reminder to the public to always be mindful of young persons' vulnerability around bodies of water," said Surrey RCMP Sgt. Drew Grainger in a statement.

"It is also a reminder for us as parents or guardians to have an awareness of our own abilities as life-savers."

The RCMP and the B.C. Coroners Service are investigating the death of the child, but police say no foul play is suspected.

On Monday afternoon, another toddler was pulled from a Surrey swimming pool in an unrelated incident.

The B.C. Ambulance Service says an infant-response unit was sent to the noon-time call, but neither the person's age or sex has been released.

The child was rushed to hospital in serious condition.

THE CANADIAN PRESS



Mikhail Morokhovich (front, second from left), his wife Melina (front, left) and other members of his family meet with Good Samaritans MLA Mike Farnworth (back, centre) and James Smith (back, second from left) on Monday to thank them for saving his life. KATE WEBB/METRO

Man meets MLA, fellow Good Samaritan who saved him

Heroic efforts. Port Coquitlam MLA Mike Farnworth, passerby sprang into action after coming across an unconscious man



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With no history of smoking, heavy drinking or heart disease, 42-year-old Mikhail Morokhovich had no warning he was about to suffer a heart attack, or that his life would be saved by strangers — one of whom happened to be his MLA.

He felt strange after returning to his Port Coquitlam

Be prepared

- Don't have time to take a CPR course? Search for this story at metronews.ca to watch a video with step-by-step instructions you could use to save a life.

home after playing soccer one day in February, but instead of lying down he decided to go for a walk. If he hadn't, he might not be alive today.

NDP Port Coquitlam MLA Mike Farnworth and his partner came across the father of two lying facedown on the sidewalk, and immediately knew something wasn't right.

"He was breathing really oddly with spittle coming out

his mouth, and I was thinking, you know, it's not like he was drunk. There's something really wrong here," Farnworth recalled Monday.

Farnworth and his partner, who were on Burke Mountain browsing real estate, sped down the road to check the street signs so they could give the ambulance directions.

Meanwhile, James Smith, 34, also came across Morokhovich's unconscious body, and after calling 911 and checking his flagging pulse immediately began CPR.

Farnworth returned and held Morokhovich's head to keep his airways open while Smith performed precisely timed compressions for 20 minutes until paramedics arrived. The CPR-trained MLA said the agonizing wait in-

tensified when Morokhovich stopped breathing.

"You're just like, 'Don't die, don't die. People are trying to save you. Don't die,'" he told Metro.

Smith, who learned CPR as a lifeguard at 16 and was recertified last November, said Farnworth's hands kept Morokhovich's head from hitting the pavement while he pounded on his chest.

Paramedics stabilized Morokhovich on his way to the hospital, but he spent three weeks in a coma. The parking-meter salesman suffered brain damage from the lack of oxygen, but is recovering well these days with the help of his wife of 25 years, Melina.

Follow Kate Webb on Twitter @MetroK8



1 NEWS

On the web

Deadly outbreak strikes kids in Cambodia

A deadly form of hand, foot and mouth disease has been linked to the deaths of 52 people, mostly children under three, in Cambodia. Read more about the mysterious outbreak at metronews.ca.

Mobile news



Something alarming is invading the Calgary Stampede midway, affectionately known as Heart Attack Alley. Famous for deep-fried everything, the Stampede and its fortress of greasy food now face an invasion of healthy alternatives. Scan the code to read more about the calorie wars.

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Fest celebrates street theatre

Busker festival. Local talent is joined by performers from across the globe during inaugural event



MATT KIELTYKA
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Their stage is the street, and Vancouver has suddenly become the theatre for some of the world's most exciting street performers.

The first annual Vancouver International Busker Festival opened Monday with a variety of renowned acts — including some from as far off as Brazil and Australia — captivating audiences at Granville Island.

Musicians, magicians, comedians, acrobats and other performers will also be setting up shop in Canada Place, Gastown, the West End and Granville Street downtown during the six-day festival.

"There's already quite a

busker community in Vancouver but for whatever reason there hasn't been a festival like this before," said director Mike Bonnici. "The powder keg was full and it just needed a spark to explode."

In addition to local talent, the fest features some of the very best performers from around the world, Bonnici notes.

Highlights include 3D street-art legend ChalkMaster Dave, Cirque du soleil veterans The LOL Brothers and Brazilian guitar hero Tupahn.

Best of all, the lineup is completely free — unless you feel like throwing in some money, of course — and intimate in the way only busking can be.

"Busking stands out in that it's accessible — that's what makes it magical," said Bonnici. "The spirit of busking is all about making people happy."

The festival runs through July 15.

Follow Matt Kieltkyka on Twitter @Mkieltkyka



Vancouver magician Eden Cheung entertains crowds at Granville Island on Monday during the first annual Vancouver International Busker Festival, which runs to July 15. MATT KIELTYKA/METRO

No excuse for actions, cup rioter tells court



Robert Snelgrove is seen at B.C. provincial court on Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

A young man whose life took a dark twist when he jumped into the fray of the Stanley Cup riot and looted cosmetics from a department store wishes he could turn back the clock.

"But dwelling on something you cannot change is pointless," Robert Snelgrove said in an official apology letter submitted to B.C. provincial court on Monday.

"The best thing to do is

realize how big a mistake you have made and try and fix it as best you can, and then take the opportunity to try and learn from it."

More than one year ago, just days after the June 15 riot, the 25-year-old turned himself into police for his own criminal participation.

He admitted to stealing the goods from Sears and apologized in three separate media interviews for his behaviour.

He was not sentenced until last week, when a judge handed him five months house arrest and 150 hours of community service.

He is the third person to be sentenced and among 23 people who have entered guilty pleas. Some 113 cases remain outstanding, while Vancouver police predict upwards of 300 people will eventually be charged.

THE CANADIAN PRESS

Letter of apology

- "It was never my intention to disgrace this city," Snelgrove wrote in his letter, adding he is deeply sorry for his behaviour.
- "... the very best way to make amends to the people of this city is to take responsibility for your own actions," he urged others.



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Ryder Hesjedal has eye on the prize after Tour exit

Speedy recovery.

Cyclist's injuries should heal with a few days' rest, says Canada's road-cycling team coach



PHYLICIA TORREVILLAS
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Victoria's Ryder Hesjedal is focused on his Olympic dreams after being forced to pull out of the Tour de France due to injuries, according to the head coach of Canada's national road cycling team.

Gord Fraser, a three-time Olympian who raced in the 1997 Tour de France, said Hesjedal has taken a training ride since returning to his home in Girona, Spain, for medical treatment. "He's pretty upbeat. He's pretty optimistic that he'll be 100 per cent real soon," said Fraser at a cycling event Monday.

The 31-year-old Hesjedal, who in May became the first Canadian to win one of cycling's three Grand Tour events, the Giro d'Italia, withdrew from the Tour de France after

Quoted

"He'll be really fresh coming into the Olympics."

Gord Fraser, head coach of Canada's national road-cycling team

being injured in a multi-rider crash Friday.

"I don't know the extent of (his injuries), but there weren't any fractures or any ligament damage," Fraser said. "He's just really dealing with ... some abrasions and deep (bruises on his left hip and knee), something that will heal in a few days' rest."

Hesjedal was among at least two-dozen riders caught up in the nasty crash during the sixth stage of the three-week race. But missing out on the rest of the Tour de France has its advantages, Fraser said.

"He'll be really fresh coming into the Olympics," he said. "The key will be for him to rechannel the next couple of weeks and reform some event specific workouts to do the road race and the time trial (in London) effectively."

Follow Phylicia Torrevillas on Twitter @ptorrevillas



Ryder Hesjedal, left, is accompanied by Garmin-Sharp teammate Tyler Farrar of the U.S. as they ride to the finish of Stage 6 of the 2012 Tour de France on Friday in Metz, France. Hesjedal was involved in a crash 25 kilometres from the end of the stage and was separated from the yellow-jersey group.

DOUG PENSINGER/GETTY IMAGES

Pilot project aims to cut spread of HIV

It's not quite the HIV morning-after pill, but a new pilot project in Vancouver hopes to help cut the spread of the virus after high-risk exposures.

The Non-Occupational Post-Exposure Prophylaxis project was launched Monday by the B.C. Centre for Excellence in HIV/AIDS. For the next 18

months, people who have had a high-risk exposure to HIV/AIDS — whether through sexual contact or sharing needles — will be able to access highly active antiretroviral therapy (HAART), which is typically used to substantially reduce the viral load in HIV-positive patients.

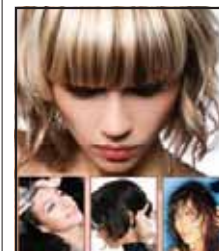
According to Dr. Val Montessori, people who start HAART

treatment within 72 hours of being exposed to HIV are 80 per cent less likely to become infected by the virus.

"Time really is of the essence," said Montessori. "They can just walk in (to St. Paul's Hospital) and the staff is ready to go. After 72 hours, the effectiveness falls off quickly."

Montessori said patients will

be thoroughly assessed to see if the therapy is necessary, and much of the staff's focus will be on education. The Bute Street Clinic, John Ruedy Immunodeficiency Clinic, Spectrum Health Clinic and the Vancouver Coastal Health Downtown Community Health Centre will also participate in the pilot project. **MATT KIELTYKA/METRO**



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First Nations. Opposition group seeks injunction to stop Sliammon treaty vote

A First Nations group is making a last-ditch attempt to stop a final vote on a treaty that was almost two decades in the making.

A group calling itself the Protectors of Sliammon Sovereignty is in court claiming that voting abnormalities and flawed voter enrolment should force a B.C. Supreme Court judge to delay voting.

The same group blockaded the doors at the polling station on June 16, preventing the initial referendum on the treaty.

Long time in the making

18

The Sliammon First Nation has been negotiating a treaty with the provincial and federal governments for the past 18 years.

But Gregory McDade, the lawyer for the Sliammon Treaty Society, told the court the opposition has had ample time to formally protest the process and argued tomorrow's vote should proceed as scheduled. **THE CANADIAN PRESS**

Facing charges

Two assault trials for Mountie

An Okanagan Mountie has gone on trial in Kelowna on a charge of assault causing bodily harm.

Geoff Mantler is accused of assaulting a man during an arrest in August of 2010. After this case, Mantler will face another assault trial, concerning an arrest in January of 2011.

THE CANADIAN PRESS/CKFR

Penticton arrest

Wanted Toronto man nabbed in B.C.

The long arm of the law has reached out to nab a man in Penticton who is wanted in Toronto on sex charges dating back to 1999. Acting on a tip from Toronto police, the RCMP arrested 51-year-old Edward Melvin Ellis, who'd been living in the Penticton area under an assumed name for about nine years. **THE CANADIAN PRESS**

Pros to power-pedal through Gastown again

Gastown Grand Prix. 1.2-kilometre race the highlight of a series during B.C. Superweek



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Professional cyclists will be pounding the cobblestone streets of Vancouver's oldest neighbourhood Wednesday during the resurrected Gastown Grand Prix.

The renowned race is back on track after it ran into sponsorship difficulties and was cancelled in 2009. The Gastown Grand Prix began in 1973 and was held every year until 1993. The race returned in 2002 as the Tour de Gastown and ran until 2008.

"(This) is such a special race for any Canadian who's ever been able to participate in it," said 2008 Tour de Gastown champion Andrew Pinfold. "We don't have that many opportunities to race in front of 30,000 people. You do feel like you're a Vancouver Canuck



A woman rides in the 2006 Tour de Gastown. JEFF HODSON/METRO FILE

when you're able to race in front of that many people."

The 1.2-kilometre Global Relay Gastown Grand Prix is the highlight of the B.C. Superweek, which also includes the Tour de White Rock, Tour de Delta, Giro di Burnaby and the UBC Grand Prix.

"(This) is a remarkable series

of races that really catapulted a lot of young Canadian cyclists into the professional realm," said Pinfold, who won't be racing Wednesday, having officially retired from professional racing last year.

Coquitlam's Alex Stieda, the first North American ever to wear the yellow jersey in the

Tour de France (1986), said this is a great opportunity for young people to understand more about the sport.

"I only wish that when I was growing up in the '70s that we had these many races to race back to back in the Lower Mainland," Stieda said Monday in Vancouver.

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Detention law may impact mental health

Bill C-31. Doctors argue for minimizing refugee detention time

Doctors are sounding more alarms about changes to Canada's refugee system. An opinion piece in the Canadian Medical Association Journal says a new law could pose a serious danger to the mental health of refugees.

Bill C-31, the Protecting Canada's Immigration System Act, includes provisions that allow the immediate detention of refugee claimants designated as part of irregular arrivals.

All those over the age of 16 will be held for a minimum of two weeks before their detention is reviewed, while those under 16 can be informally de-

Research on refugees

- **U.K.** After a median 30-day detention, 76 per cent of detained claimants were clinically depressed, compared with 26 per cent of a non-detained sample.
- **U.S.** After a median detention of five months, 86 per cent of claimants showed clinical depression, 77 per cent had clinical anxiety and 50 per cent had clinical post-traumatic stress disorder.

tained with their parents or released to child-care authorities.

The bill became law at the end of June and the detention provisions are now in force.

The authors of the piece cite several studies suggesting high levels of psychiatric symptoms among detained refugee claimants, even after short periods.

"As health professionals, it is our responsibility to urge the government to minimize harm to children, pregnant women, trauma survivors and other vulnerable people," Dr. Janet Cleveland and Dr. Cecile Rousseau wrote in the article, released Monday.

"Children should not be incarcerated or separated from their parents. Detention of all refugee claimants should be limited to the shortest possible time required."

THE CANADIAN PRESS



South Sudanese men participate in the country's anniversary celebrations, at the John Garang mausoleum in Juba, South Sudan, Monday. SHANNON JENSEN/THE ASSOCIATED PRESS

South Sudan celebrates a difficult independence

Tens of thousands of South Sudanese gathered under a sweltering sun on Monday in the capital, Juba, to celebrate the first birthday of the world's youngest nation — an event marred by dire economic hardships and a near-constant threat of war.

Dance troops gave traditional performances and armed forces put on a parade that featured the country's fiercest pieces of weaponry: two attack helicopters. The sun was so intense that several soldiers were carried off in stretchers.

President Salva Kiir addressed the country's No. 1

threat: a return to war with Sudan, the country the south battled for more than two decades.

"Since our independence, Khartoum has continuously violated our sovereignty through aerial bombardments and ground incursions," he said.

South Sudan's biggest success in its first year was avoiding all-out war with Sudan. But it came close. A row over the sharing of the two countries' once-unified oil industry prompted South Sudan to shut down its oil production.

Because the south's oil trav-

els through pipelines that run through Sudan, the decision cut off a major source of Khartoum's revenue and has led to instability in that capital. But the move cost South Sudan as well. The landlocked nation derives 98 per cent of its normal government budget from oil.

Oil also sparked a dangerous military confrontation between the two sides in April, when South Sudan captured the disputed town of Heglig, which is responsible for more than half of Sudan's oil production. The move was met with international condemnation.

THE ASSOCIATED PRESS

Record-breaking

Volvo nears 3M miles driven

Irvin Gordon's 1966 Volvo P1800S just keeps going, and going, and going. Gordon's small, red two-door has well more than two million miles (3.22 million kilometres) on the odometer, the equivalent of nearly 1,176 times across the globe. The retired school teacher from Long Island hopes to reach the three-million-mile mark by next year. He only has 34,000 miles to go. The 72-year-old Gordon drives his Volvo everywhere. He has held the Guinness World Record for a high-mileage vehicle since 2002. He bought the car on June 30, 1966, for \$4,150. **THE ASSOCIATED PRESS**

Don't mess with DJ

Deadmau5 threatens robbers

Grammy-nominated producer Deadmau5 is fuming after a break-in at his mother's house in Niagara Falls, Ont. The electronic music producer otherwise known as Joel Zimmerman took to Facebook for a rant directed at the robbers.

"Man, you ... picked the wrong house," he wrote, using an expletive. "Mau5 is gonna find you."

THE CANADIAN PRESS

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Russian floods expose distrust of government

Conspiracy? A Moscow journalist said none of the residents he spoke to believed the cause was the weather alone

The floods that washed through southern Russia and killed 171 people followed storms that dumped five months of rain in a matter of hours. Still, President Vladimir Putin has spent three days trying to persuade residents that the flooding was an act of nature and not the result of government negligence or worse.

Some persist in believing, against all evidence, that the city of Krymsk and its 57,000 people were intentionally sacrificed to prevent the flood waters from damaging Novorossiysk, a major Black Sea port essential for exporting Russian oil and grain.

This deep distrust of the government poses a challenge to Putin, who depends on the support of ordinary Russians across the country



A reservoir near the city of Krymsk, Russia. VLADIMIR SMOLYAKOV/THE ASSOCIATED PRESS

to counter the growing challenge in Moscow to his 12-year rule.

At the very least, the flooding has Russians once again questioning the government's ability to keep them safe. Still fresh in their memory are a string of disasters — from the bungled response to the sinking of the Kursk submarine in 2000, to the wildfires that swept seemingly unopposed through a swath of western Russia in 2010, to the cap-

sizing of an overloaded river boat that killed more than 120 people last year.

The Emergencies Ministry acknowledged Monday that it had failed to warn residents about the flash flood that turned Krymsk streets into swirling muddy rivers and filled one-storey homes practically up to the ceiling in the middle of the night. Many of the 171 who died were elderly residents unable to escape in time. **THE ASSOCIATED PRESS**



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Abbas OK's exhumation and autopsy of Arafat

Investigation.

Palestinian leader agrees to have body tested after lethal agent detected on clothing

Palestinian President Mahmoud Abbas has given final approval to dig up Yasser Arafat's remains and is also pressing for an international investigation of his predecessor's mysterious 2004 death, a top aide said Monday.

The decision came days after a Swiss lab detected elevated traces of a lethal radioactive agent on clothing said to be Arafat's.

Testing Arafat's bones could offer the last chance to get to the bottom of Palestinian claims that their leader was poisoned, though some experts cautioned it may already be too late for conclusive answers.

Several Palestinian offi-

cials have charged that Israel poisoned Arafat. The French doctors who treated Arafat in his final days did not present a clear cause of death, while Israel emphatically denied it killed the Palestinian leader.

Arafat, who died at age 75, is buried in a mausoleum in the walled government compound in the West Bank where he spent the last three years of his life under Israeli siege.

Scenes of heavy machinery tearing into the wreath-covered grave of the revered leader could prove offensive to devout Muslims. Also, the grave has become a must-see site for Palestinians and foreign visitors to Ramallah.

Abbas aide Saeb Erekat said Monday that the need to know overrides cultural sensibilities. "We are seeking the truth, and every single Palestinian is seeking the truth, and we cannot reach the truth without it (exhuming the remains)."

THE ASSOCIATED PRESS



Members of a Palestinian honour guard stand next to the tombstone of Yasser Arafat. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Afghanistan

Six Americans killed in bombing

The Taliban took responsibility Monday for a bomb blast in Afghanistan that killed six American troops, while other militants launched suicide attacks on two police headquarters that left 20 people dead, according to officials.

The six Americans were killed when a bomb struck their armoured vehicle.

THE ASSOCIATED PRESS

West Bank

Report supports illegal settlements

A government-commissioned report released Monday has recommended that Israel legalize dozens of unsanctioned West Bank settlement outposts, a move that would defy international opposition to settling land Palestinians want for a future state.

The report reaffirmed Israel's long-standing position, at odds with most of the world, that the West Bank is not occupied territory and therefore Israel has the legal right to settle on it.

THE ASSOCIATED PRESS

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Mortgage rules changed, but most didn't know

Money matters. Poll suggests only half of those surveyed were familiar with changes brought in by the federal government

New mortgage rules went into effect Monday in Canada, but a recent survey suggests many people are unfamiliar with the changes.

Starting Monday, borrowers refinancing their mortgages are limited to 80 per cent of the value of the home, down from 85 per cent.

The maximum amortization period dropped to 25 years from 30 years for government-insured mortgages

Lines of credit

65%

The limit for home equity lines of credit has been reduced to 65 per cent of a property's value, down from 80 per cent.

— giving borrowers less time to repay the debt in full.

The federal government also tightened the standards lenders must apply before granting a mortgage.

"For two years now, we've been talking to our customers about the financial implications of carrying debt over the long term and how opting for a maximum 25-year amortization can help them manage and meet their long-term goals," said Laura Parsons, a mortgage expert

at Bank of Montreal.

"The recent changes are prudent, measured, responsible and timely, and will have an effect on how Canadians purchase property, so it's more important now than ever to seek clarity on the current guidelines in place."

A poll conducted by Pollara for Bank of Montreal found only about half of those surveyed were familiar with the changes brought in by the federal government.

And only 45 per cent of those surveyed June 29 to July 4 were aware that the maximum amortization period has been shortened by five years.

Finance Minister Jim Flaherty announced the new rules on June 21.

THE CANADIAN PRESS

Legal fight

AT&T drops \$1M phone-bill suit

The phone company AT&T Inc. has dropped its legal fight against a Massachusetts businessman whose company was on the hook for a fraudulent million-dollar bill.

The telecommunications company says in a statement Monday that it is no longer pursuing its claims against Michael Smith, who says someone hacked into his small manufacturing company's phone system in 2009 and made nearly \$900,000 US in calls to Somalia.

THE ASSOCIATED PRESS

Microsoft

Windows 8 release date announced

Computers running on the next version of Microsoft's Windows operating system will go on sale in October.

Microsoft Corp.

announced the time frame for Windows 8's mass-market release Monday in Toronto.

New versions of Windows typically come out every three years, but this update is the most widely anticipated overhaul of the software since 1995.

THE ASSOCIATED PRESS

Market Minute



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SO MANY THINGS WRONG WITH THIS PICTURE



SHE SAYS...
Jessica Napier
metronews.ca/shesays

Something strange happened last week: a Victoria's Secret model became newsworthy because of her distinct lack of curves. In a Facebook campaign for the lingerie brand's Swim

Style Finder, a bow-legged model appears noticeably distorted and her beach bum has been entirely eradicated thanks to some overzealous airbrushing.

I guess, in some ways, it's kind of comforting to know that even Victoria's Secret models don't actually look like Victoria's Secret models.

While we've come to expect that advertisers and magazines offer a somewhat imagined version of reality — a glossy fantasy land in which women wear couture to the office and spend hours preparing DIY oatmeal face masks — many take the desire to retouch reality a bit too far. Turning back time, erasing blemishes, smoothing cellulite and digitally carving bodies into nothing more than clothing racks with hollowed out cheekbones has become the norm.

Some egregious examples of Photoshop gone wrong are laughable — check out PhotoshopOffHorrors.com (see example pictured below) for some particularly cringe-worthy examples — but there are also serious implications when it comes to reimagining human anatomy to create an unrealistic version of beauty.

Earlier this year, 14-year-old Julia Bluhm started a crusade against digitally altered photographs in Seventeen magazine. The eighth grader's online petition gathered more

than 84,000 signatures, and, last week, Seventeen made a promise to "celebrate every kind of beauty" and use images of real girls and healthy models within the pages of the magazine. Of course, their advertisers aren't vowing to abstain from

Photoshop, so I'm sure their young readers will still be subjected to whittled down waistlines and excessively whitened smiles.

Personally, I'd much rather look at images of celebrities and models in their un-Photoshopped glory, without layers of makeup and Spanx. I know it's shallow, but I enjoy those close-up images taken at awkward angles that make me feel better about my own imperfections. The realism of celebrities is what I find interesting, not the airbrushed artifice.

It's validating to see that stars aren't so otherworldly when you take away the team of stylists and put down the Photoshop wand. Because, just like us, they suffer from the effects of sun damage and bad lighting, and too much tequila the night before. Except maybe Jennifer Aniston — whose flawless body is presumably a result of her dedication to Smartwater, yoga and her never-ending breakup diet.

Ultimately, what fashion magazines and advertisers might not understand is that most of us don't want to look at pages filled with hyper-real, computer-generated bodies. Readers want to see women with both style and substance and, preferably, with all of their limbs intact.

Follow Jessica Napier on
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LEGOLAND WINDSOR

Crazy construction

Brits build world's tallest Lego tower

It's Olympic year, and the Brits are keen to break records. Britain has reclaimed, from South Korea, its record for the world's tallest tower made from pieces of Lego. During the weekend, hundreds of volunteers completed the 32-metre-high tower, which now resides at Legoland Windsor theme park near London. **METRO**



Tower of Lego? It's more Tower of Vertigo. LEGOLAND WINDSOR

Tower in detail

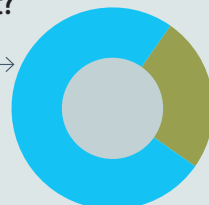
- **Record height.** 32 metres (beating Seoul's record of 31.9 metres), the same height as a nine-storey building.
- **Brick work.** Made up of more than 500,000 pieces, it comprises over 160 sections and nine Lego figurines.
- **History.** Tallest Lego tower first recorded in London in 1988 was for a tower of more than 15 metres.



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What was your initial reaction to the TomKat split?

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LONGER
THAN I
THOUGHT



25%
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THE COUCH
IN SHOCK



Twitter

@Erica_Sigurdson:

What I would like : enough money to do anything I want, whenever I want - I either have to work harder or learn to love wandering aimlessly

@ThomasDrance:

Don't want to get into it, because I'm tired of it, but I'm embarrassed by the way Canucks fans have treated Mason Raymond the past year.

@BurrowsGirl:

You know it's Monday when you hear that the Canucks have re-signed Mason Raymond.

@taj1944:

Great job by the Canucks signing fan favourite Mason Raymond

@TheStanchion:

Mason Raymond being paid 2.275 million dollars. \$1 for every time he fell on the ice last year. #workerscomp

Between the mega-success of this spring's *The Avengers* — with a worldwide take of more than \$1 billion — and the anticipated arrival of *The Dark Knight Rises* later this month, it's quite the year for comic book movies, making this week's San Diego Comic-Con that much more exciting. Here's some of the stuff we're looking forward to most at the annual nerd-fest, and be sure to follow along on Twitter (@nedrick) for behind-the-scenes updates from the Con all weekend long.

NED EHRBAR
Metro World News in Hollywood

Comic-Con sneak peek

Movies

Comic-Con has become the proving ground for studio blockbusters, and with a lot of franchises coming to an end — Christopher Nolan's *Batman* series for example — the big question is what will be keeping fans lining up for the next few years.

The Hobbit: Peter Jackson completed principal photography on his two-film adaptation of the J.R.R. Tolkien classic just last week,

so hopefully he'll have something exciting.

Iron Man 3: While filming hasn't started yet on the franchise juggernaut and *Avengers* followup, fans will be eager for whatever surprises Marvel super-producer Kevin Feige decides to unveil. Who knows, maybe Robert Downey Jr. will even make an appearance.

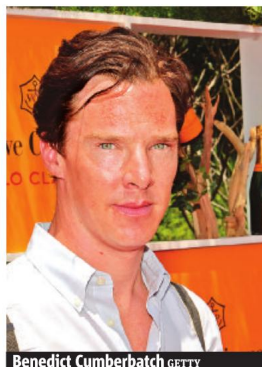
Elysium: Visionary filmmaker Neill Blomkamp is bringing in some big guns

for his followup to 2009's *District 9*, including stars Matt Damon and Jodie Foster — not exactly a familiar Comic-Con face. We're just excited to learn more about the class warfare sci-fi film, to be released next March.

Django Unchained: We're stoked to get a glimpse at Quentin Tarantino's next flick, a revenge-fueled western starring Jamie Foxx as a freed slave. Tarantino will be on hand along with Foxx and Christoph Waltz.



The Hobbit. HANDOUT



Benedict Cumberbatch GETTY

TV

Hits of the small screen have become a bigger part of Comic-Con — this year marks the first time TV shows have held panels in the massive Hall H, usually the exclusive domain of studio films. We'll be watching out for news on some returning shows and some new entries.

The Walking Dead: The popularity of the zombie drama's first appearance at Comic-Con two years ago

caught organizers off-guard, but by now they should be ready for the massive fan outpouring. And with the show's third season debuting in October, we're hoping to learn some juicy details.

Community: The cast of the quirky comedy with a passionate — if small — fan base returns to Comic-Con on the heels of series creator Dan Harmon's news-making termination this spring. We're curious to hear what direction the show will take

with new bosses — and a reduced episode order.

Elementary: The BBC's modernized *Sherlock*, starring Benedict Cumberbatch, has been a major success, so an American take was almost inevitable. This one finds a still-British Holmes (played by Johnny Lee Miller, who co-starred with Cumberbatch onstage in *Frankenstein* last year) fresh out of rehab and in New York, accompanied by a female Watson (Lucy Liu).

Zombies

Comic-Con taking place a week earlier this year — due to the Olympics — means the middle of the fest falls on Friday the 13th, amping up the already prevalent Halloween-in-July feel around

Downtown San Diego. And zombies are proving to be the hot ticket this year.

Zombie Walk: Celebrating its sixth year at the Con, this parade of undead enthusiasts promises to be the biggest yet. Hundreds of zombi-

fied folks will take over the Gaslamp Quarter.

The Walking Dead Escape: The popular zombie cable series is taking over Petco Park, home of the San Diego Padres, to create a zombie apocalypse survival course.



DVD reviews

American Reunion

Director. John Hurwitz,
Hayden Schlossberg

Stars. Jason Biggs, Alyson
Hannigan, Seann William
Scott

American Reunion, co-directed and co-written by Jon Hurwitz and Hayden Schlossberg, might just be the funniest issue yet from the *American Pie* franchise factory. Thirteen years has passed since the five lads from *American Pie* made a pact to lose their virginity at prom; now there's a desperate pitch to rekindle stalled libidos at a high school reconvening. Remarkably, *American Reunion* manages to get every major original cast member back. The directors are unable to shepherd this large cast to a new destination — *American Reunion* reshapes the same old gags over a ponderous 112 minutes.

PETER HOWELL

Comic-Con Episode IV: A Fan's Hope

Director. Morgan Spurlock

Stars. Kevin Smith, Stan Lee

A funny thing happens at a geek convention in Morgan Spurlock's latest documentary, *Comic-Con Episode IV: A Fan's Hope*, and it's not the usual riffs. The annual summer nerd nirvana in San Diego would ordinarily be like shooting fish in a barrel for Spurlock, whose previous docs have skewered McDonald's, Osama bin Laden and movie product placements. Spurlock realizes this, and instead approaches "The Con" from the perspective of a highly intrigued observer.

PETER HOWELL



SCENE

Scene in brief

Kourtney adds one more Kardashian to the clan

Kourtney Kardashian has given birth to a baby girl and she's naming her Penelope. The reality TV star told E! News that her second child with boyfriend Scott Disick was born early Sunday at Cedars-Sinai Medical Center and weighed seven pounds, 14 ounces. Her full name is Penelope Scotland Disick. Kardashian said mother and child were "resting comfortably." She and Disick have a two-year-old son named Mason. Both of her pregnancies were highly publicized. Her sister, Kim, wrote on her website that the family was thrilled to finally meet the newborn.

THE ASSOCIATED PRESS

On the web



For tabloid fodder, Cruise-Holmes split a celebrity divorce like the good ol' days

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Salma Hayek ALL PHOTOS GETTY IMAGES

No Savages for mini Salma

Salma Hayek admits that her 4-year-old daughter, Valentina, won't be seeing her latest film, Oliver Stone's *Savages*, in which Hayek plays the head of a bloody Mexican drug cartel.

"She's not going to watch this movie," she insists during a visit to *The Tonight Show* to promote the film.

"Actually, this was the only movie that she was not on the set. I usually bring her on the set and she always likes to sit right next to the monitor and she bosses everyone around. I know Oliver Stone would have not let her come in and say, 'Excuse me, Oliver, let me take over the set.' No."



Katie Holmes

Curtains may be closing on Holmes-Cruise show

After two weeks of drama, Katie Holmes and Tom Cruise have put a quick and tidy end to their divorce circus. The couple reached a settlement yesterday, which will avoid a messy court hearing later this month.

While there's no word on the terms of the agreement, Holmes is rumoured to get custody of daughter

Suri, while Cruise will have generous visitation rights.

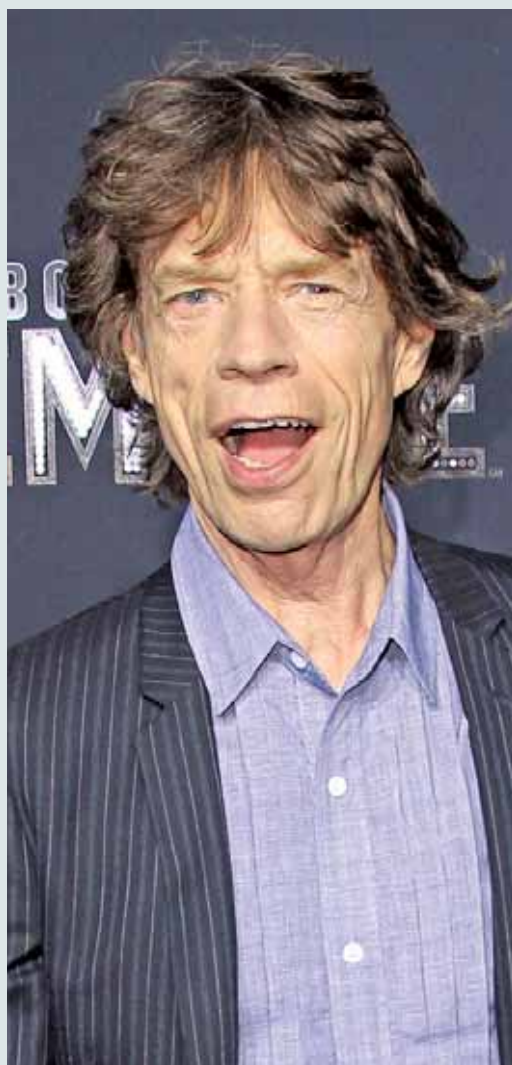
As for the statements, we're going to hand it to Team Cruise's lawyers for giving up the least amount of information in the blandest way possible:

"The Tom Cruise-Katie Holmes case has been settled with a signed agreement. Tom is really pleased we got there."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



THE WORD
Monica Weymouth
Metro World News in New York

Jolie had no love for Jagger's moves

You can add Mick Jagger to the long list of people bewitched by Angelina Jolie.

In a new biography, Mick: *The Wild Life and Mad Genius of Jagger*, Christopher Anderson claims the Rolling Stones frontman became obsessed with Jolie after she played a sullen stripper in the video for their 1997 single *Anybody Seen My Baby*.

Although Jolie was married to Jonny Lee Mil-

ler at the time, Anderson claims that Jagger left her countless voicemails during which he was "virtually sobbing" and pursued her for several years.

Jolie didn't return his calls, but her mother "loved Mick for Angie and felt that he could teach her about fame," according to a family friend.

So why would Jagger waste his time on the one half-naked 22-year-old actress who wouldn't call him back?

"She scares me a little. I like that," he's quoted as admitting in the book.

This, mind you, from the man who spent decades waking up on hotel floors next to the hungover ghost of Keith Richards.

Angelina, we are, as always, impressed.



Sienna Miller

The stork has come for Sienna

Sienna Miller gave birth to a baby girl in London over the weekend, according to *Us Weekly*. This is the first child for Miller and fiancé Tom Sturridge. The notoriously press-shy Miller has said very little about her pregnancy, but in April she did open up to *British*

Vogue: "Even though I'm under strict instructions not to say anything, as it would completely defeat the point of everything I've tried to achieve in the last eight years, I'm feeling fine. It's all progressing nicely and it's very exciting," she said.

Usher's stepson involved in tragic accident

R&B singer Usher's stepson, Kyle Glover, has been declared brain dead after a horrific boating accident, according to *TMZ*. The 11-year-old son of Usher's ex-wife, Tameka Foster, was reportedly riding on an inner tube on a lake near Atlanta over the weekend when he collided with a passing jet ski and was struck in the head, the website reports. On Sunday, Glover was reported brain dead, but he remains on life support.



Usher

Twitter



@ActuallyNPH

Taking the train from Paris to London. Am I wrong, or is travel by train the greatest, calmest, classiest thing ever?



@ebertchicago

As an experienced ex-drunk, I want to know: How do the guys on "Mad Men" drink like that all day and get home (or anywhere) in one piece?



@AlbertBrooks

Dreamt I was sick and had to go before a death panel. They said I should die but they really liked my movies.



@SarahKSilverman

Ironically, "note to self" is only ever said for other people's benefit

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METRO

On the Web



Seventeen magazine offers 'body peace treaty' after teen crusader takes on altered photos

Cellulite: with you for life?

Fat. Cellulite can happen to anyone. Your age and size has little to do with it. Metro speaks to body and beauty experts to find out why some of us develop these dreaded lumps and bumps.

ROMINA
MCGUINNESS
Metro World News

Women mainly, and men increasingly, spend huge amounts of time and money on anti-wrinkle creams, laser hair removal and personal trainers in order to get smooth, flawless skin. But there are some things no miracle cream can fix. Cellulite is one of them.

Why your skin looks lumpy

"Cellulite is fat, water and lymphatic fluid trapped in a webbing of tough collagen fibers under the skin," says Maria Hatzistefanis, founder beauty brand Rodial. "If this connective tissue becomes weakened, small pockets of fat and fluid can push through towards the surface, becoming more visible."

How it's formed

Skin type and hormones — rather than diet or exercise — determine the formation and appearance of cellulite, Julie Cichocki, beauty expert for cult

Beauty Pick

Elemis: Body Detox Skin Brush

HOW TO: Brush upwards from the soles of the feet to boost sluggish circulation and remove dead skin cells. \$47 elemis.com



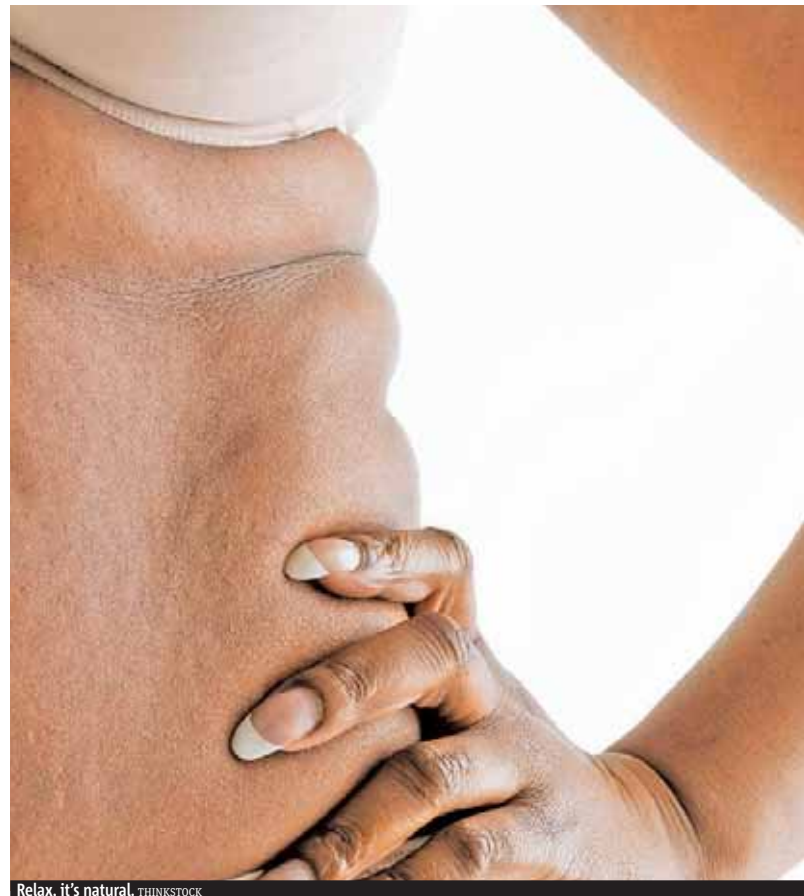
Quoted

"An estimated 90 per cent of women have cellulite and will never get rid of it. You can change the levels of it, but you will always have it."

Justin Gelband
celebrity fitness trainer

beauty brand Karin Herzog (a favourite of Kate Middleton) tells Metro how it happens.

"Female hormones (estrogen) increase fat stores and dictate the pattern in which the fat is formed. Genetically, women form fat in a different pattern to men; around her hips and thighs and around the middle are the typical areas for cellulite. This is to make a woman's body curvy, attractive and fit for childbirth. Cellulite is formed just under the surface of the skin,



Relax, it's natural. THINKSTOCK

in the hypodermis, which is the only layer where hormones govern the laying down of fat cells. If estrogen is high, fat cells will form in the hypodermis. Toxins are then stored in these fat cells and the more toxins we store, the bigger the surface size of the fat cell and the more wa-

ter it can hold. As the fat cell swells, it becomes enlarged and lumpy."

What about men?

A woman's skin is finer and more elastic than a man's so any cellulite formed will be more visible.

Celebrity trainer Justin Gelband states that while cellulite can occasionally be seen on men, they'd have to be really overweight.

"Women produce estrogen, which produces fat whereas men produce testosterone, which eats up fat," he adds.

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Entertain guests — and taste buds — with unique combo

Spinach Salad with Cinnamon Almonds, Strawberries and Goat Cheese



This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

The combination of spinach, spiced nuts, strawberries and goat cheese gives this salad loads of character.

Prepare the almonds in

larger quantities and keep them in an airtight container for up to 2 weeks.

1. Preheat oven to 350 F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl

and add the brown sugar and cinnamon. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

Ingredients

Cinnamon Almonds

- 1/4 cup whole almonds
- 1/3 cup packed brown sugar
- 1/2 tsp cinnamon

Salad

- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese

Dressing

- 1 1/2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard

4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice concentrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Health Solutions

Top five fruits



NUTRI-BITES
Theresa Albert, DHN, RNCPT
myfriendinfood.com

You are going to guess blueberries are the number one fruit, right? Well, any fruit is a great snack — especially if it replaces a sugary treat! But what you are truly looking for is a fruit that is high in fibre, vitamins and minerals and, yet, low in calories.

What really separates the men from the boys is the cancer fighting carotenoid content and that is hiding deep inside the fruits that are tinged red.

Of course, berries are your buddy but if you want to go beyond them, these are even better...

Guava

Guava contains only 50 calories per half cup but packs a wallop of carotenoid. One guava has four times the vitamin C of an orange. Find a red guava, make sure it is soft and ripe and eat it like an apple. Also try cooking it down into a jam to spread on toast.

Watermelon

Two cups of watermelon

contain merely 90 delicious calories and plenty of satisfying water. Feel free to use a blender on the pulp and freeze it into Popsicles.

Papaya

Papaya delivers helpful enzymes for an upset stomach along with its meagre 60 calories, super nutrients and fibre in one cubed cup.

Cantaloupe

The redder the better. One cup gives up only 50 calories, but five per cent of your magnesium needs and six per cent of your fibre. Go ahead, serve it with prosciutto. It's that good.

Pink Grapefruit

Grapefruit has that red pigment that is doing all sorts of good things to your body. One half is just 50 calories.



Theresa Albert is an author, nutritionist and health communicator in Toronto. She is @THERESAALBERT on Twitter and found daily at myfriendinfood.com.

Watermelon Salad. Light, refreshing & innovative



This salad brings together a tasty selection of healthy, flavourful ingredients from the Mediterranean along with watermelon.

The combination results in a light, refreshing salad that can be served as a snack or side dish with grilled chicken, meat or fish.

1. In a large bowl, place salad greens, watermelon, onion and feta cheese and mix to combine. Refrigerate. Just before serving, toss salad with olive oil and balsamic vinegar and garnish with pepper.

THE CANADIAN PRESS/ NATIONAL WATERMELON PROMOTION BOARD, WATERMELON.ORG

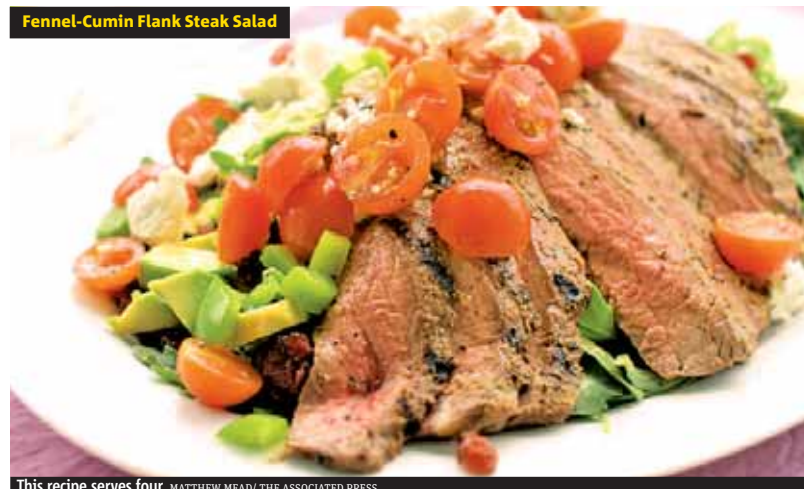
Ingredients

- 1.5 l (6 cups) mixed salad greens
- 750 ml (3 cups) cubed watermelon
- 125 ml (1/2 cup) sliced onion
- 75 ml (1/3 cup) crumbled

- feta cheese
- 45 ml (3 tbsp) extra-virgin olive oil
- 30 ml (2 tbsp) balsamic vinegar
- Cracked pepper, to taste

Marry summer staples, salad and grilled meat, in one dish

Fennel-Cumin Flank Steak Salad



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 tsp whole fennel seeds
- 1 tsp whole cumin seeds
- 1 tsp yellow mustard seeds
- 1 tsp garlic powder
- Kosher salt and coarsely ground black pepper
- 1 1/4 pounds flank steak
- 2 tsp olive oil
- 1 tsp cider vinegar
- 1 pint cherry tomatoes, halved
- 2 cloves garlic, minced
- 5-oz package baby arugula
- 1 green bell pepper, cored and diced
- 1 avocado, peeled, pitted and diced
- 4-oz log soft goat cheese and diced
- 1/2 cup dried cranberries

1. Heat the grill to medium-high.

2. In a mortar and pestle or spice grinder, combine the fennel, cumin, mustard, garlic powder, 1 teaspoon of salt and 1/2 teaspoon of pepper. Grind well, then rub the mixture over both sides of the flank steak. Set aside.

3. In a medium bowl, whisk together the olive oil, vin-

egar and 1/2 teaspoon each of salt and pepper. Add the tomatoes and garlic, toss well, then set aside.

4. Divide the arugula between 4 serving plates. Top with the bell pepper and avocado. Crumble a quarter of the goat cheese over each plate of arugula, then sprinkle with dried cranberries.

5. Using an oil-soaked paper towel held with

tongs, oil the grill grates. Add the steak and grill for 4 to 5 minutes per side for medium-rare. Transfer to a cutting board and let rest for 5 minutes. Thinly slice the steak against the grain, then heap a quarter of it on top of each salad.

6. Spoon a quarter of the tomatoes, as well as any liquid in the bowl, over each salad.

THE ASSOCIATED PRESS



Switching banks is more complicated than it has ever been. iSTOCK IMAGES

Breaking up is hard to do

Divorcing your bank.

A no-frills financial institution can save you money, but make sure it's right for you



YOUR MONEY

Alison Griffiths
money@metronews.ca

Perhaps the only life event that's worse than moving house is moving banks. Back in the olden days, you simply closed a chequing and maybe a savings account, took the money and went somewhere else.

Nowadays, with automatic debits and deposits, e-billing and multiple investment accounts from RRSPs to TFSAs and RESPs, packing up to leave a bank requires a whole lot more effort.

Mortgages or lines of credit can't easily be transferred and most people have three to six accounts and up to 15 automatic transactions that must be closed and reopened or redirected. So, divorcing your bank requires some thought.

I've stayed with banks

Alison's money rule

Pick the right bank by knowing your current and future banking needs.

simply because of a good relationship with a senior manager. However, bank employees often move to different branches, which means you can't count on the service continuing.

Not only that, but more rigid guidelines with respect to credit scores and debt-to-income ratios today give bank staff less latitude to bend the rules, even for their best clients.

Increasingly, the issue for consumers is banking fees, account, overdraft, debit and so on. About ten years ago, I got so fed up with rising fees at my bank that I switched to the low-fee, almost virtual President's Choice Financial with kiosks in Loblaws stores.

I did save tons of dough — actually, more than \$3,000 over a couple of years. However, there is a downside, as I quickly discovered.

If you have a complicated

financial life, as I do, with Canadian and U.S. transactions and a business, you will find the no-frills banks can't provide a full suite of services such as convenient currency exchange. Also, some things like stop payments are hit and miss.

Additionally, if you have investment accounts, it's a little more complicated and you may elect to keep them at a regular bank.

However, virtual banks are offering RRSPs and TFSAs. ING and President's Choice, for example, have some investment options beyond GICs — mostly mutual funds. And at ING you can now open a business account.

You certainly can save money and streamline your life by going to a no-frills banker. Just be sure that what's offered fits your needs.

Online tools

- **Details.** Check out the Financial Consumer Agency of Canada's bank selector tool: fcac-acfc.gc.ca/eng/resources/toolCalculator/banking/index-eng.asp.

Are you a smart spender or a cheapskate?



FUN AND FRUGAL

Leslie Scorgie
money@metronews.ca

I was at a corporate Stampede function last week in Calgary and a gentleman asked what I write about. "Frugality," I said. To which he responded jokingly, "So, you're a cheapskate."

Frugal living is not the same thing as being cheap. Frugal people maximize the dollars they've worked hard to earn by negotiating prices, finding deals, couponing, buying on sale and determining the best ways to buy products for the lowest possible price.

Sure, sometimes my friends think I'm cheap because I don't drive a fancy car. I love free events, I buy in bulk, and Kijiji is my best friend, but I disagree. I'm a smart spender.

Cheapskates have a bad rap for not buying what they need when they need it because they are afraid to spend their money. When they do spend, they'll buy a cheap product that doesn't last, which then creates unnecessary waste and costs more long-term because it breaks and needs to be replaced.

Are you more frugal than cheap?



- **Cheap:** Do you purchase the lowest-priced product regardless of quality?
- **Frugal:** Are you willing to pay more for affordable-quality products?
- **Cheap:** Do you avoid tipping a service provider at all costs?
- **Frugal:** Do you tip according to the quality of service?
- **Cheap:** When the bill comes, do you bolt out of the restaurant and hope your friends overpaid?
- **Frugal:** Do you divide up the dinner bill according to who ate what?
- **Cheap:** Are you into pirating books and music?
- **Frugal:** Do you like to borrow books, movies and music from friends or the library?

- **Cheap:** Do you avoid offering to pay for a pal's coffee?
- **Frugal:** Do you swap back and forth between who pays for coffee?
- **Cheap:** Do you show up at dinner parties empty-handed?
- **Frugal:** Do you encourage friends to host potluck dinners so that nobody has to shoulder the entire grocery bill?

If your budget is pinched and you're desperate to save pennies, live frugally rather than cheaply. Buy higher-quality pieces like furniture, appliances, clothing and household accessories second-hand.

Wait and save up to make purchases. Buy fewer items when grocery shopping, coupon, negotiate prices and use a budget to monitor your progress.

And, if you are in dire need of something essential such as medication,



Anyone can live frugally without compromising their lifestyle. iSTOCK IMAGES

transit passes or baby formula, don't go without. That could be harmful to your health and livelihood. Instead, re-prioritize your budget, get financial assistance, apply for subsidies and take advantage of tax credits.

With a little effort, anyone can live frugally, save money and not compromise their lifestyle.

How to manage your money while going to school

Although post-secondary education is expensive, there are several ways to reduce costs and the financial weight of going to school.

These are described in a new online guide, Paying for Post-Secondary Education from the Financial Consumer Agency of Canada (@FCACan), available at itpays-toknow.gc.ca.

Even though it's easy to get credit cards on campus, for example, you should use credit cards carefully and avoid using them at all if you cannot pay off the entire balance at the end of each month.

Other ways to save

Living in your own place while you go to school may be a wonderful experience, but it's much more expensive than living with your parents.

In 2009, the average expenses over a four-year program for a student living alone were \$77,132, compared with \$51,763 for a student living at home — a difference of \$25,369.

If you cannot live with your parents, consider living with roommates. Sharing accommodation is usually much cheaper than living in a student residence or in your own apartment.

To reduce your education costs, you can buy used books and sell the ones you no longer need, or trade them for books you will need later. Check with local consignment shops for more information.

Tuition fees often include medical and dental insurance. But you can usually waive the coverage provided by the school if you are already covered by your parents' or employ-



Reduce the financial burden of post-secondary education. NEWS CANADA

er's insurance plans.

If you choose not to have the coverage, the cost of the insurance that would have been included automatically in your tuition fees will usually be refunded to you. This may amount to several hundred dollars a year, depending on the school's insurance plan.

Public transit passes may also be included in tuition fees, or you may get a student discount.

Your student card is also a good savings tool. Ask your school's student association to give you a list of businesses offering such discounts. NEWS CANADA



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Advice

Cottage entertaining



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I plan on having several friends and their families up to my cottage later this summer, however I'm not sure if it is OK to ask them to bring things, and if so, how do I ask? I specifically want to ask my friends to help with the food and gas expenses

for the boat when they are water-skiing. Cottage girl

Dear Cottage girl,
Every year this is a common problem amongst cottage-goers and their guests.

Firstly, may I say, if you are lucky enough to be an invited guest, don't wait to be asked, but take the initiative yourself to ask your hostess what you can bring. Have ideas ready for the kind of foods you would like to prepare that would travel easily and cook or re-heat

easily at the cottage.

Now, as the hostess, have your game plan from the beginning.

When you invite your guests don't be afraid to say, "So Jane I'm really glad you are able to join us, now may I ask if you could please bring one of your world famous lasagnas and caesar salads to the cottage? I would love to serve that for lunch on Saturday. Just so you know, the head count will be four adults and six children."

And finally, the boat gas is the tough question, as you

are asking for money.

What about saying something like, "Jane, I hope you understand but with the cost of gas these days, perhaps we can share some of the gas expense for the boat when the kids go water-skiing, as it's really expensive. We have calculated that a tank of gas costs \$300 and lasts about four hours."

What's important is being straightforward and honest, but there is no shame in discussing what you need in terms of help to ensure the success of the weekend. Enjoy!



Cottages can be expensive, so guests should never visit empty-handed.

ISTOCK

Forget about personality and values; let's give facial features its due credit

Facemate. Dating site matches people according to the shapes of their mugs

HEIDI PATALANO
Metro New York

It's not quite so strange when you really think about it: How many times have you looked at a couple and remarked that they could be brother and sister?

Those strange similarities a couple can share are no coincidence. Genetically, we have been trained to seek out those who have a face similar to our own, says founder of FindYourFacemate.com, Christina Bloom.

"There's part of the brain that's just focused on processing faces. It's the fusiform gyri. It's so important that we have a special area in our brain for it," Bloom says.

"If you think about human beings before we had language, or if you think about the way babies are — we learn things visually. That makes sense because that's how we mated. We just know what we like."

Bloom points to several ex-



Rita Wilson and Tom Hanks are seen by some to have similar faces. Maybe that's why they fit so well as a couple. GETTY IMAGES

amples of couples who have similar faces — Halle Berry and Olivier Martinez, and Tom Hanks and Rita Wilson, for instance.

She believes that matching people by their face shapes will ultimately lead to better chemistry and, hope-

fully, better coupling.

"After meeting (a date), you think of, 'Wow, it's because of his or her great personality, that's why I like them.' Well no," she says. "You already saw his or her face, and you were interested because of his or her face."

Bloom says that the criteria for a good match comes in this descending order: chemistry, style, values and personality. That's why her website puts looks first and foremost.

After uploading a photo, the site's algorithm analyzes

11 points on the face and matches it with others who share those traits. In the next three months, Bloom hopes to improve the algorithm by using 62 points on the face for more specialized matches.

To Bloom, the website is just helping us do what we

already intuitively know how to do. "I've been looking at couples for 20-plus years, and I just think it's innate," she says.

"Basically, we're doing it without even knowing that we're doing it. I do not know how people don't see it."



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CASSANDRA GARRISON
Metro World News

Have you ever thought about what it would be like to have a conversation with the adolescent version of yourself?

How would your kid-self react to the way you've turned out?

Filmmaker Jeremiah Mc-

Donald apparently caught the video bug at an early age and recorded himself at age 12 asking questions directed to himself in the future. Twenty years later, McDonald sat down for a candid conversation with ... himself.

The contrast between the adolescent McDonald and the adult McDonald is charming and touching, and serves as

a reminder that we were all kids once and, perhaps, still kids at heart.

The video is edited as a hilarious back-and-forth between the two Jeremiahs.

Young Jeremiah asks the older Jeremiah whether his pets are still alive, while adult Jeremiah is reminded by his younger counterpart that he once had a love for drawing.

Online

Check out the entire video and get in touch with your own inner kid. Visit metronews.ca/voices/metrotube-of-the-day



Man interviewed by 12-year-old self

Cycling. Armstrong's lawsuit against USADA dismissed for now

A federal judge handed Lance Armstrong a quick setback Monday as he went to court to save his seven Tour de France titles and his reputation as one of the greatest cyclists ever.

Armstrong filed a lawsuit aimed at preventing the U.S. Anti-Doping Agency from moving ahead with charges that he used performance-enhancing drugs throughout much of his long career.

Within hours, U.S. District Court Judge Sam Sparks in Austin dismissed the 80-page complaint. He said it seemed more intended to whip up public opinion in Armstrong's favour than focus on legal arguments.

Sparks, however, did not rule on the merits of Armstrong's claims and will let him refile the lawsuit. Armstrong attorney Tim Herman said he will do that, possibly on Tuesday.

The lawsuit claimed USADA rules violate athletes' constitutional right to a fair trial, and that the agency doesn't have jurisdiction in Armstrong's case. It also accused USADA's

Aggressive move

The lawsuit was an aggressive, and expected, move as Armstrong seeks to preserve his racing legacy and his place as an advocate for cancer survivors and research. He wants Sparks to bar USADA from pursuing its case or issuing any sanctions against him.

chief executive, Travis Tygart, of waging a personal vendetta against the cancer survivor who won the Tour de France every year from 1999 to 2005.

The judge was not impressed with a filing that dedicated dozens of pages to Armstrong's career history and disputes with anti-doping officials.

Herman said he got the message.

"When (Sparks) speaks, I listen," he said. "It doesn't change the legal issues involved or any of the relief that we seek."

THE ASSOCIATED PRESS



Fielder puts on a show at the home-run derby

American League all-star Prince Fielder of the Detroit Tigers swings during the State Farm Home Run Derby Monday at Kauffman Stadium in Kansas City, Mo. Fielder became only the second player to win multiple titles in the home-run derby, beating Toronto Blue Jay Jose Bautista, 12-7, in the final. JAMIE SQUIRE/GETTY IMAGES

Whitecaps looking for payback against TFC



Whitecaps defender Jay Demerit, right, challenges the Colorado Rapids' Conor Casey. The Whitecaps hope to change their fortunes against Toronto FC in their match Wednesday. DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

MLS. Vancouver is having a better season than Toronto but lost the Canadian championship

Joe Cannon does not like to talk about the Vancouver Whitecaps' last meeting with Toronto FC.

"Don't bring that up," the Vancouver goalkeeper told reporters after a practice Monday. "That was a disappointing night. That was really heart-wrenching, actually."

The Whitecaps return Wednesday to BMO Field, where they lost 1-0 in the

decisive second leg of the Amway Canadian championship final in May to a TFC side that, to say the least, has struggled this season.

"If you want to give us some motivation for this next game, it's definitely the disappointment that we felt, not only for ourselves but for our fans and for our franchise," said Cannon. "Hopefully, we come out with something good."

This time, the Whitecaps visit Toronto for a Major League Soccer regular-season game. For all of the gains that the Caps have made in their second MLS campaign, they have struggled at inopportune times against the Reds.

Quoted

"We have to take them seriously and act like a real team."

Whitecaps defender Alain Rochat

The 1-0 loss in the second leg of the Canadian championship came after the Whitecaps rallied for a last-minute 1-1 tie in the first leg at home a week earlier.

The Whitecaps, 8-6-2 in league play after finishing last overall in 2011, have posted a win and a draw in their past two games.

THE CANADIAN PRESS

NHL

Parise, Suter wild for Minnesota

The Minnesota Wild are hoping that landing the top free agents on the market with massive contracts will help turn flyover country into the place to be for top talent going forward.

The Wild introduced forward Zach Parise and

defenceman Ryan Suter on Monday, five days after signing them to matching 13-year, \$98-million US contracts. They were the premier players available this summer, and the Wild landed both of them while holding off major-market teams to do it. General manager Chuck Fletcher says the signings take the franchise "to a whole new level." THE ASSOCIATED PRESS

Cycling

Wiggins wins Tour time trial

Bradley Wiggins showed he's the man to beat at the Tour de France, winning the first big time trial Monday and cementing his hold on the yellow jersey he wants to take home in two weeks.

THE ASSOCIATED PRESS

CFL

Stampeders sign Canadian QB

The Stampeders signed Canadian quarterback Brad Sinopoli to help Calgary overcome an injury to starting pivot Drew Tate.

Sinopoli will be the third-string QB behind Kevin Glenn and Bo Levi Mitchell. THE CANADIAN PRESS

CFL

Eskimos' Bowman out for the season

The Edmonton Eskimos will be without Adarius Bowman for the rest of season after the veteran slotback tore both the ACL and MCL in his left knee. He was hurt in Sunday's 17-1 road loss to the Saskatchewan Roughriders. THE CANADIAN PRESS

4

SPORTS

NHL

Raymond staying put

Mason Raymond and the Vancouver Canucks achieved contract harmony while avoiding a potentially acrimonious salary-arbitration hearing Monday. The left-winger agreed to a pay cut as he signed a one-year, \$2.275-million US deal. The signing came after the Canucks made the rare move of filing for arbitration against Raymond in a bid to reduce his salary.

THE CANADIAN PRESS

Horse racing

I'll Have Another sold

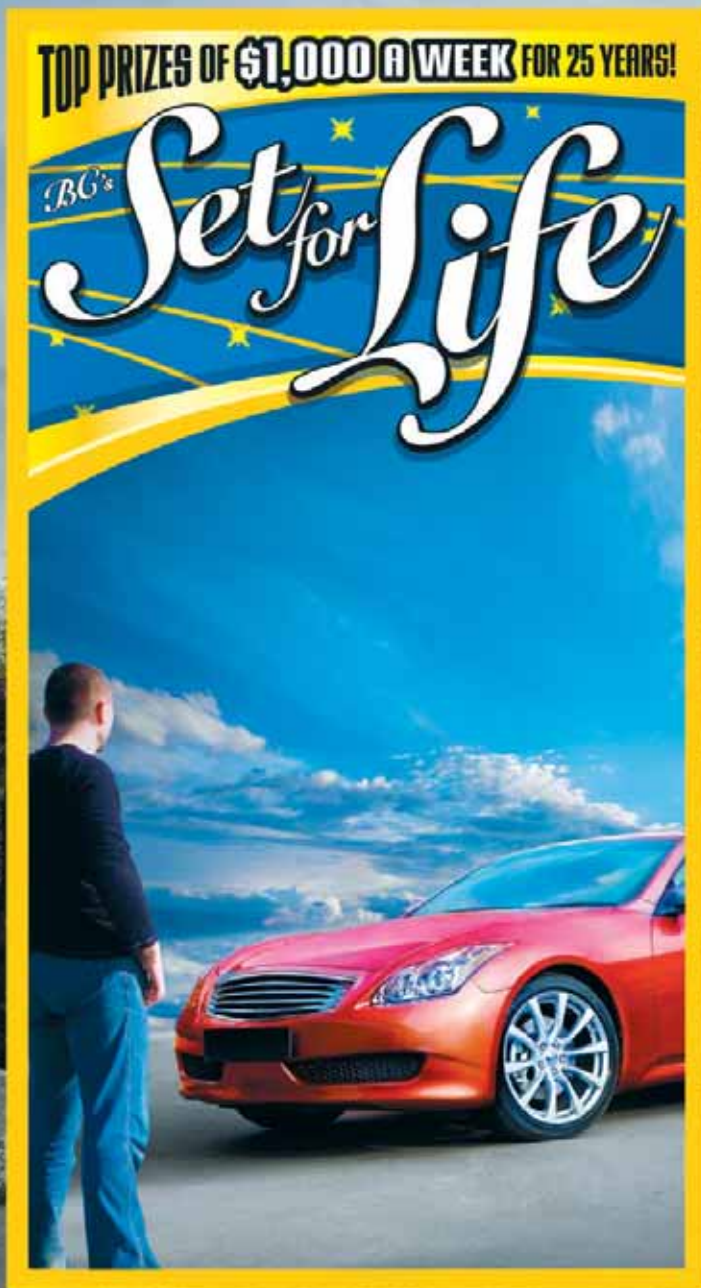
The Canadian owner of I'll Have Another says he sold his Kentucky Derby and Preakness winner to a farm in Japan for \$10 million US, a price that far exceeded any amount he was offered in the United States. J. Paul Reddam made his comments on the bloodhorse.com website. I'll Have Another was retired with a tendon injury before he was to run in the Belmont Stakes and attempt to become the first Triple Crown champion in 34 years.

THE ASSOCIATED PRESS

Mobile sports



It's the all-star break and much of baseball has been turned upside down since the final out of the crazy World Series last October. For example, Pittsburgh and Washington are together in first place for the first time. Scan the code to read what else has changed.



On November 20,
Jason traded his rust bucket
for bucket seats.

You could be next.

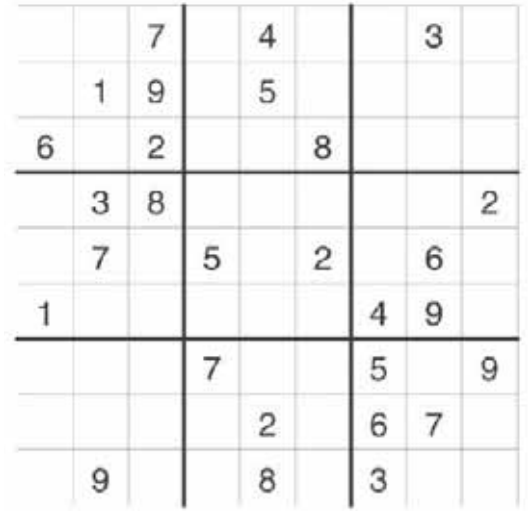
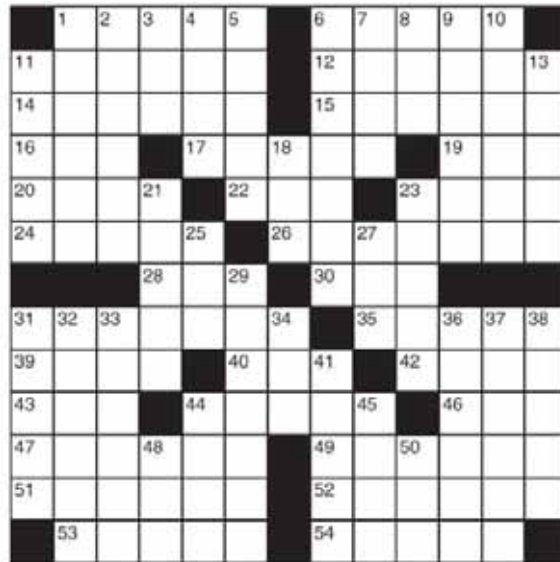


Across

- 1 Purplish shade
6 Very excited
11 Lady of Spain
12 O. Henry-esque
14 Border
15 Sculpture medium
16 Altar affirmative
17 Windborne deposit
19 Listening device
20 Blue hue
22 First lady
23 Initial stake
24 Show philanthropy
26 Warned
28 Lettuce variety
30 Retainer
31 Less logical
35 Boutonniere site
39 Drudgery
40 Light beam
42 South American capital
43 Summer on the Seine
44 Push away
46 After taxes
47 Swallow's cousin
49 Shopper's venue
51 Walked proudly
52 Napoleon's realm, e.g.
53 Enthusiastic
54 Phone book data

Down

- 1 Sluggish
2 Progress
3 Journal
4 Seed coating
5 Hiawatha's carrier
6 That guy, to that guy
7 History chapters
8 Craggy peak
9 Straight
10 Jesus' condemner
11 Hit
13 Wrapped in a waxy cloth
18 Zsa Zsa's sister
21 Resident
23 "... with — live girl"
25 Triumphed
27 Wet wriggler
29 More tranquil
31 Particulars
32 Write symbolically
33 Mountain range
34 Eminem's genre
36 Ring site
37 Eastern potentates
38 Starbucks order
41 Red Sea country
44 Amusement-park attraction
45 Odgen Nash's priest
48 Dress (up)
50 Tachometer reading (Abbr.)



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	7	8	9	5	1	3	4	2
5	2	1	6	4	3	7	8	9
4	9	3	7	2	5	1	5	6
2	4	9	5	1	6	8	7	3
8	3	5	2	7	4	6	9	1
7	1	6	3	8	9	4	2	5
1	8	2	4	3	5	9	6	7
9	5	4	1	6	7	2	3	8
3	6	7	8	9	2	5	1	4

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

FBY*LV EBTSLVKTR EDPZ
DKA HPUBLKZV PAKPT HBBS
KA? K*UV PWLVPSF ZBWS
FBY ZDPK PTS ZDPK PRPKT!
Yesterday's Cryptoquip: WHEN A SUPER-ROBOT IS CREATED THAT PLOWS LAND, WILL IT BE AN AUTOMATED TILLER MACHINE?
Today's Cryptoquip Clue: U equals V



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today

22°/15°
Sunny

Wednesday

22°/16°
Sunny

Know what the weather will be 14 days from now. Check the 14 day trend.

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Horoscope

♈ Aries | March 21 - April 20.

Forget the past. It is over and done with. You can, however, resolve to make today (and tomorrow) better than yesterday and the day before.

♉ Taurus | April 21 - May 21.

You have been a bit too out of touch with reality lately — which is not like you at all. Maybe it's time to remember that, as a Taurus, you should be more practical than most.

♊ Gemini | May 22 - June 20.

If you feel you are heading down a path that is not right for you, there is still time to stop and go back the way you came or even take a different path entirely. You are in control.

♋ Cancer | June 21 - July 22.

The Sun in your sign means this is an excellent time for you on so many levels. But it's also a tiring one, so be kind to yourself today.

♌ Leo | July 23 - Aug. 22.

The Sun's entry into your birth sign this month, will make you feel alive. Before then, you need to fix some things, not least a relationship.

♍ Virgo | Aug. 23 - Sept. 22.

You can't always do what you would like to do, but that doesn't matter. What counts is that you do what you have to do to the best of your ability.

♎ Libra | Sept. 23 - Oct. 22.

Yes, of course, other people can be annoying, and deceitful, but you don't have to react in the same way. Rise above petty squabbles today, and every day.

♏ Scorpio | Oct. 23 - Nov. 21.

You may be serious by nature but there is something you would be the first to admit you have been taking too lightly. You know what it is and what needs to be changed.

♐ Sagittarius | Nov. 22 - Dec. 21.

Be tolerant of those who see things from a different angle. They are as entitled to their opinions as you are to yours. Diversity is good.

♑ Capricorn | Dec. 22 - Jan 20.

You will have to work hard to stay friends with someone who has been giving you a hard time. Is it worth it?

♒ Aquarius | Jan. 21 - Feb 18.

There will be a change of emphasis in your outlook over the next 24 hours. While before you were interested only in your work and career, now you will be interested in relationships too.

♓ Pisces | Feb. 19 - March 20.

Start thinking along more practical lines. Dare to dream but make sure that your dreams are doable. What can you change today from an idea into reality? SALLY BROMPTON



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Monica

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